OKANAGAN RETREAT
AL FRESCO DINING AND WINE THERAPY IN B.C. {page 12}

RYDER
CANADIAN POWERS TEAMMATE TO VICTORY {page 15}

WINNIPEG metro®
Wednesday, July 20, 2011
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News worth sharing.

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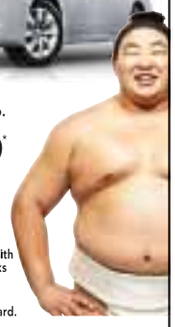

Coun. Steeves' farewell

Today is longtime councillor Gord Steeves' last meeting before he steps down to run in the provincial election Here's what he and others had to say about it

▶ Coun. Gord Steeves

METRO FILE PHOTO

On saying goodbye
"Mixed emotions.... I'm satisfied at the way things have gone on at city hall for me. I realize there's a lot of things that can happen, and will happen."

On being forced to resign to run as an MLA hopeful:
"I believe it's wrong. I'm concerned that that ruling was made in this province for political reasons ... and my belief with democracy is that it should be as open and accessible to everybody as can possibly be."

On what he feels is his lasting council accomplishment:
"The YMCA in St. Vital is the one accomplishment that sticks out ... mostly because it was so early in my career, and it was so difficult, and I learned so much."

What's been his least favourite thing about sitting on council?
"The growing partisanship at city hall. Even when I started 11 years ago ... there wasn't an established left or right.... It was much more cohesive back then than it is today."

"He'd sit down, and five minutes later I'd say, 'What did he say?' It was just a bunch of words.... He can be easily replaced, except his sense of humour."
COUN. HARVEY SMITH

"Gord's not an individual you readily replace. Trust me on that one. He listens, he doesn't just quickly respond. He wants to know all the facts and then share his observations."
MAYOR SAM KATZ

"... It's a bit of a disappointment he's tended to go with the person in the position of power rather than his conscience."
COUN. JENNY GERBASI

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Red all over for safety

Twenty-four hour patrols in effect Tuesday-Saturday

JAMES TURNER
@METRONEWS.CA

JAMES TURNER/METRO

▶ Ten new red-shirted Downtown Watch ambassadors will patrol downtown streets in the evenings

The Downtown Winnipeg BIZ wants theatregoers, concert lovers and sports fans who flock into the area at night to start seeing red in a big way — largely to combat people's feelings they're unsafe there in the black of night.

Yesterday, the business-advocacy agency said it had raised just under $200,000 in funding from businesses, allowing it to hire 10 more red-shirted Downtown Watch ambassadors.

The ambassadors — a feature on downtown streets for years now — will patrol in the evening hours and will make their presence felt at so-called "event destinations" like the MTS Centre, the BIZ said.

"This special complement will focus on areas where there is a lot of traffic," said Stefano Grande, the downtown BIZ's executive director.

The hope is the presence will enhance perceptions of safety and put goodwill guides in the faces of residents and tourists taking in downtown for whatever reason.

"It's more than safety and security that we will be doing," he said.

Surveys have suggested people's feelings of safety while in the area at night are lower than during the daytime.

The addition of the 10 staff brings the total number of downtown ambassadors to 22. The BIZ also has 10 staffers on an outreach patrol to deal with drunks and vagrants.

"With the return of the NHL and a number of other initiatives going on … it's nothing but positives, this entire program," said Winnipeg police Insp. Jim Poole.

The BIZ says it will continue to lobby for greater police resources in the area.

Woman's body found in home

REDWOOD AVENUE. The body of a woman has been found at a home in the North End. Police said they were dispatched to a home in the 500 block of Redwood Avenue at about 12:20 p.m. yesterday.

ELISHA DACEY

metro ChickAdvisor
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Top Spot for
Sunday Cruise Night
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Have your say from July 18 to July 21.
Top Spot for Sunday Cruise Night
Visit ChickAdvisor.com/Metro

City launches transpo website

INTERACTIVE. Commuters can now plan and view their routes ahead of time as the City of Winnipeg Active Transportation Network has launched a website jointhemovement.ca.

MORGAN MODJESKI

Big Top Fringe picks and pans

Rogue Cop
(Please read this review in a low gravelly voice.) A dead cop may have been dirty, a golden key is gone and only one man has the guts to get to the truth. That man is Skylar Murphy — Rogue Cop. Rogue Cop is the one cop who is hated by every member of the force but who begrudgingly earns all of their respect. Rogue Cop comes complete with a cop cliché in every scene plus the best car-chase ever enacted on a fringe stage. Go ahead … make your day.
CLARE LAWLOR/CBC REVIEW CREW

Brain Cravers: The Curse of Extollo
Fringers, are you looking for that show — you know, that big, stupidly fun show you go to in a group after a couple of libations in the beverage tent and bust a gut at? Here's the show you've been craving. Brain Cravers tells the story of what happens at a certain Fringe festival when the hilariously pompous director Vanguard Braun (Scott Cranwill, who shares writing and directing credits with Kevin Doherty) stages Extollo, a play so cursed that its very performance ignites a zombie outbreak. Only completing the play — in spite of the rapid zombification of its cast — can lift the curse. This ain't Shakespeare, but for good silly fun, Brain Cravers is delicious.
JOFF SCHMIDT/CBC REVIEW CREW

Written in Hot Pink Lipstick and a Lady's Tears
Patty Cochrane's Written In Hot Pink Lipstick tells the story of Pam and Ellie, two Prairie girls who fall in love as teenagers in 1961, but are forced to live their lives apart due to societal and familial demands. Though the script needs some work — we don't learn enough about the night the girls met and fell in love, and the language is full of redundancies — it's a moving story, written with remarkable tenderness. The staging of it is another matter altogether. Rather than illustrating the journeys of the main characters, the dream versions of their meetings are distracting. They also prove that for this story, in this venue, four actors playing two characters is two actors too many.
KELLY STIFORA/CBC REVIEW CREW

Scan the code for full reviews and more.

For the full reviews, get your Fringe on the go. Bookmark cbc.ca/winnipegfringe on your mobile device.

1 news

News that should surprise no one: You can do yoga on a giant surfboard in Seattle. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Google Street View's new trike camera makes its Canadian debut in Toronto. Video at metronews.ca

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Bullet. Dodged

▶ Guns, drugs and bullets were seized from a recreational vehicle trying to cross the Manitoba-U.S. border on Sunday. The driver was arrested, fined $6,600 and sent back to the US. See full story at metronews.ca/winnipeg

CONTRIBUTED

Weapons, drugs seized at border

Woman jailed for slash attack

Victim, attacker knew each other for seven years

JAMES TURNER
@METRONEWS.CA

A woman who sneakily slashed the throat of a disabled stroke victim in an unprovoked attack because he didn't have cash to give her has been sent to jail.

Wendy Crait, 33, was handed a sentence of two years less a day behind bars after pleading guilty to assault with a weapon in connection to the horrific crime, which has left the victim's face permanently scarred and faith in humanity shaken.

Crait was taken into custody after Justice Shane Perlmutter's decision Monday morning.

Perlmutter said Crait was visiting with the 60-year-old man in November 2008 when she asked for cash he said he didn't have.

Upset, Crait went into the man's kitchen, tucked a carving knife up her sleeve, returned to the room and appeared to lean over him as if to give him a hug before leaving.

Instead, she went around him, pulled his head back and sliced his throat, said Perlmutter.

When he stood up, she slashed his cheek from the tip of his ear to the tip of his nose and fled.

Beyond the physical trauma he's suffered, he has lost trust in "most if not all of his friends" and now keeps his door locked at all times, the judge said.

ROADWATCH

Cops find drunk teen passed out in car

Police officers doing a random check at a RoadWatch check stop say they found a teen on probation passed out drunk in a car.

Police set up RoadWatch program check stops in four places around Winnipeg this past weekend and used the automated licence-plate reader to scan the plates of 923 vehicles. Of those cars, 215 were stopped, 14 drivers were given breathalyzers and two people were charged with drunk driving.

During one stop at Lagimodiere Boulevard and McIvor Avenue, police allegedly found a passenger passed out and drunk.

The teen had been court-ordered not to drink alcohol, and was arrested and detained at the Manitoba Youth Centre. ELISHA DACEY

Arson unit to probe house fire

There were no injuries after a house fire broke out on Boyd Avenue yesterday.

Police said they were called to the home in the 400 block of Boyd Avenue at about 12:30 a.m. after a report of a working fire.

Damage is estimated at $75,000. The arson strike force unit is investigating.

ELISHA DACEY

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Extreme Price Reduction
$34,000

Condo in Las Vegas
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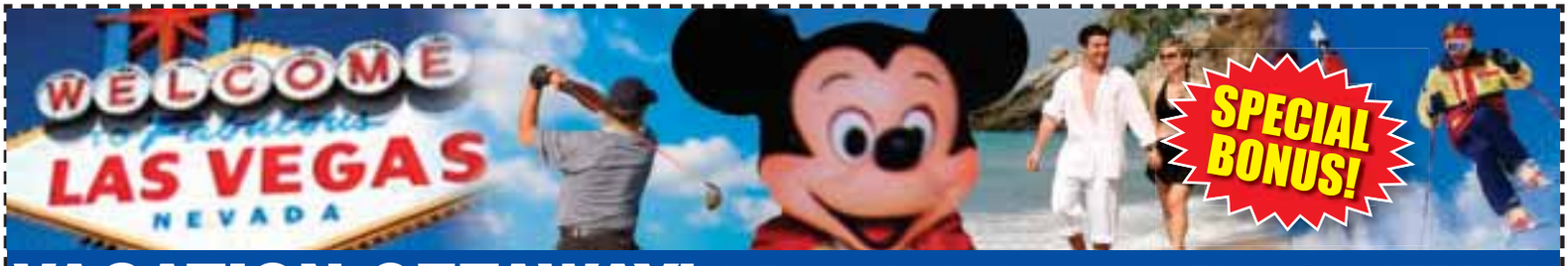
Extreme Price Reduction
$29,900



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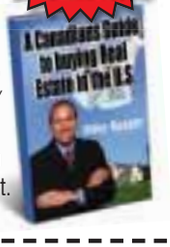

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WINNIPEG
Wednesday, August 3
2 pm or 7 pm
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WINNIPEG
Thursday, August 4
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HOLIDAY INN WINNIPEG SOUTH
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Heat's on to cool off homeless

- City's scorching weather posing problems for those living on streets
- Siloam monitoring guests for heatstroke, dehydration

MORGAN MODJESKI
WINNIPEG@METRONEWS.CA

Winnipeg's Siloam Mission is looking for high-priority items that will help the city's homeless community beat the heat.

Reusable water bottles, sunscreen and backpacks are at the top of that list as dehydration and heat-stroke pose a threat to those living outside.

Care to chip in?

Donations needed by Siloam Mission:

- **Sunscreen**: To help those outside protect themselves from the sun.
- **Reusable water bottles**: To ensure guests are staying hydrated.
- **Backpacks**: To carry winter coats and other belongings.

"We've been handing out hats, water bottles, lip-balm, foot cream, bug spray and sunscreen," said Mike Duerksen, spokesperson for Siloam Mission. "We're encouraging people to drink lots of water and to stay inside."

Duerksen said Siloam Mission has seen an increase in the number of guests at its drop-in centre. As the mercury continues to climb, the centre is encouraging its guests to get out of the sun.

"It's hard enough for us who have places to stay to stay cool. It's even harder for someone who is living on the streets," Duerksen said. "The challenges of homelessness are just as great in the summer as they are in the winter."

ELISHA DACEY/METRO

▶ Siloam is looking for donations of backpacks, water bottles and sunscreen.

METRO

Weather relief — for free

Assiniboine Park: With all the beautiful trees, it's hard not to find shade.

Splash pads: With seven of them located around the city, getting wet is an easy way to manage the heat. Just watch out for screaming children.

Malls: You don't need to buy something to enjoy the awesome power of industrial-strength A/C.

Libraries: Grab a book and cool down as most of Winnipeg's public libraries in the city are equipped with A/C.

The leg: Take a tour of the legislative building. It's beautiful, historical and cool to look at. No A/C, but at least it's airy.

City council: Speaking of politicians, city hall has A/C and council meetings are free and open to the public. Warning: Hot air may issue from the mouths of council members during today's meeting, scheduled to be the longest in a while.

MORGAN MODJESKI

Reader tweets

- **@HoPP:** @metrowinnipeg Best way to beat the heat - running naked through the water spray from a fire hydrant...but things have changed since I was 2
- **@ChefAlex:** @metrowinnipeg to beat the heat? chilled tomato gazpacho at bistro 71/4 obviously.
- **@HollyMonster97:** @metrowinnipeg Lilac Resort!!! That place is awesome and very close to the city!!
- **@BanvilleJones:** @metrowinnipeg Lolailo Sangria, Btl of Bubbly, freezer (approx 2 hrs). Voila - #SangriaSlushy
- **@Changeshifter:** @metrowinnipeg to beat the heat? Drink coffee like my central american friends do!

Kiddie pool

The ultimate in cheap cool. Stick those burned-up puppies into your kids' pool while they fetch you another beer.

Towel

Have one handy to wipe up your dripping sweat. That's if for some reason it doesn't simply evaporate in seconds.

Ice-cold beer

Refreshing, even if it dehydrates you further. Might wanna alternate with water.

Hat

Good for keeping the sun off, fanning your face or throwing at people when you're too hot to take a swing at someone.

Sunscreen

When it's this hot, sunburn is part of the equation. Show Mother Nature who's boss with a massive bottle of sunscreen.

Sunglasses

Protect your eyes from harsh UV rays and do your best Corey Hart impression once the sun goes down. METRO

‘I was too trusting’: Murdoch

Summoned by British lawmakers yesterday to account for a phone hacking and bribery scandal, Rupert Murdoch said he was humbled and ashamed but accepted no personal responsibility, insisting he was at fault only for trusting the wrong people at a now-defunct tabloid that made up a tiny portion of his vast media empire.

The 80-year-old media tycoon endured a three-hour grilling from lawmakers and escaped attempts to draw to tar him with individual blame for the scandal that has rocked his empire.

The scandal has become a page-turner of a drama, with scenes of private detectives hacking phones, cops being bribed for news tips, politicians being wined and dined and a murdered teenager whose phone messages were intercepted. And only a fraction of the nearly 4,000 people whose information was hacked are known and the police investigation appears to be widening.

“This is the most humble day of my career,” said Murdoch.

He said he lost sight of News of the World because it is such a small part of his company and spoke to the editor of the paper only around once a month.

James Murdoch, 38, apologized for the scandal, telling British lawmakers that “these actions do not live up to the standards our company aspires to.” THE ASSOCIATED PRESS

On the web

For more coverage, go to metronews.ca/hacking.

- **Video.** Prankster tries to throw a foam pie, splattering Rupert Murdoch’s suit jacket before the media tycoon’s 42-year-old wife springs to his aid, slapping the man, who was quickly arrested.
- **Text.** Rupert Murdoch’s full statement to U.K. lawmakers.
- **Reaction.** Twitterverse reacts to the antics. **@kbeninato:** “News is turning focus on Murdoch’s pie fighting wife, instead of hacking. It’s like they’re jangling keys at viewers and it’s working. #notw”

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

▶ A protester wearing a Rupert Murdoch mask is photographed by media outside parliament in London yesterday.

Journalist’s death ‘not suspicious,’ say police

HANDOUT

▶ Sean Hoare

Sean Hoare said he was told to stop at nothing to deliver celebrity scoops for the Sunday papers, and he delivered some of the most sensational.

Hoare’s death this week added another tragic twist to the very scandal he helped bring to light.

Police discovered Hoare’s body at his home north of London on Monday. They said yesterday a post-mortem found no evidence of outside involvement, calling it “non-suspicious.” Police said they are awaiting the results of further toxicology tests on Hoare’s body, which could take weeks. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

“This is not as an excuse.... I employ 53,000 people around the world who are proud and great and ethical and distinguished people, professionals in their work.”
RUPERT MURDOCH, MEDIA TYCOON

THE ASSOCIATED PRESS

“I’ve never hacked a phone, told anyone to hack a phone, or published any stories based on ... hacking ...” (Twitter response to hacker accusation)
PIERS MORGAN, FORMER NEWS OF THE WORLD EDITOR

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Torch On-Rolls $19.99 rl.
Base - Full Rolls $19.99 rl.
Cap Sheet $29.99 rl.
Railroad Ties Round $9.99 ea.
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Vinyl Siding - 200 sq. ft $99.99
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Health apps to get checkup

U.S. plans oversight of some medical applications for mobile devices
Guidelines will deal with apps that present a risk to patients

The U.S. Food and Drug Administration is taking steps toward regulating the rapidly expanding field of medical applications, or apps, for smartphones and other handheld devices.

With the rise of the iPhone, Android and other mobile devices has come a flood of apps designed to help people stay healthy. Industry analysts estimate there are already more than 17,000 medical apps available, ranging from calorie counters to programs that let doctors see medical scans on their phones.

The FDA says it will begin regulating a handful of these programs that pose the greatest risk if they don't work properly.

A draft proposal says the FDA will regulate apps that combine with medical devices such as heart monitors that transmit to a smartphone.

THE ASSOCIATED PRESS

Wi-Fi tablet still on track: RIM

Production of the wireless network version of Research In Motion's PlayBook tablet will go on as planned, despite rumours it was being scuttled.

In fact, RIM said yesterday that it has more rollouts planned for Southeast Asia, Western Europe and the Middle East in the coming weeks.

The Wi-Fi PlayBook is cheaper for consumers because it doesn't need a monthly data plan from a wireless carrier and connects to the Internet via short-range public or home wireless networks.

THE CANADIAN PRESS

JEFF CHIU/THE ASSOCIATED PRESS

▶ RIM's PlayBook

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 78.78 (13,332.92)	+ 0.88¢ (105.17¢ US)

Oil	Natural gas 1,000 cu ft
+ $1.57 ($97.50 US)	$4.56 US (+ 1.8¢)

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† Conditions apply. Visit **scotiabank.com/moneyback** or a Scotiabank branch for full details.

Google. Street View

▶ Google unveils its new Street View tricycle in Toronto yesterday. The trike is rolling out across Canada.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Google trike on a trek

Google's Street View trike goes where cars can't, such as university campuses, hiking trails and theme parks. Over the next two months, a cycling duo will photograph landmarks in the Toronto area. Plans are also afoot to photograph Vancouver and other Canadian cities.

Bank retains key rate

The Bank of Canada left its key overnight interest rate unchanged at one per cent yesterday, but suggested that continued growth in the Canadian economy will mean a hike in the near future.

Observers believe an increase could come as early as October. However, the European debt crisis and slow pace of growth of the U.S. economy could drag down the Canadian economy.

It's thought that the central bank will wait to see if its economic outlook is on track before moving to raise rates.

THE CANADIAN PRESS

Kodak retains patent

Apple Inc. has lost a second round in its dispute over a digital-camera patent against Eastman Kodak Co. The U.S. International Trade Commission yesterday affirmed a preliminary decision in May that Kodak's technology doesn't infringe on Apple's patent rights and that one of the two patents in dispute is invalid.

Kodak, the 131-year-old photography pioneer, is caught in a race to redefine itself in the cutthroat digital-imaging arena.

THE ASSOCIATED PRESS

Nashville spurns call centre after layoffs

A U.S. call centre company that laid off 1,200 Canadian workers — without warning, compensation or even their final paycheques — has lost a major deal with the City of Nashville.

Officials of the Tennessee capital said yesterday they were no longer in discussions with New York-based IQT Solutions to locate the business there.

Nashville had earlier said it would give the company $1.6 million in incentives to create 900 jobs in the city.

"We are dismayed about what happened in Canada and don't think workers anywhere should be treated that way," city official Matt Wiltshire said in a statement.

The Quebec and Ontario governments, meanwhile, are meeting the laid-off workers to see what can be done to help.

About 600 workers were laid off at offices in Oshawa, Ont., as well as 450 in Laval and 140 in Trois-Rivieres, Que., in a move that employees described as "savage."

Labour laws generally require employers to give two weeks' notice of a layoff and a minimum of four per cent of salary earned in the last year, generally considered vacation pay.

The Quebec labour board could take legal action against the company for not paying workers their outstanding wages and other money owed under Quebec laws on layoffs.

THE CANADIAN PRESS

Deal-breaker

- **The announcement by the City of Nashville** comes just one day after the mayor demanded an explanation for the abrupt sacking of the Canadian workers.
- **Quebec's Employment Minister**, Julie Boulet, says three companies have expressed interest in hiring the laid-off workers.

CAUGHT IN THE CHROMOSOME WITH A CAVEMAN

JUST SAYIN' ...

PAUL SULLIVAN
METRO

Well, this explains a lot.

Turns out there's a little caveman in all of us.

According to a team led by scientists from the University of Montreal, a piece of DNA that makes up part of our genetic structure definitely came from the Neanderthals. And that applies to everyone who did not originate in sub-Saharan Africa.

The Neanderthals, you'll recall from school and the funny pages, were those not-quite ready-for-prime-time near-humans who were rendered extinct by the vastly superior Cro-Magnons — that is, us.

Neanderthals were typically depicted as knuckle-draggers with low-sloping foreheads and a tendency to bash first and ask questions later. The story was they didn't have the intellect — or the looks — to overcome their fate.

"Discovery News, in an attempt to set the record straight, reports they possessed the gene for language and had sophisticated music, art and tool-making skills, and their cranial capacity was as large as or larger than the competition's. It all adds up to sexy and smart if you're a Cro-Magnon looking to hook up."

You'd better get in touch with your inner caveman, because there is conclusive evidence that our ancestors found their Neanderthal cousins attractive after all, maybe after a few fermented grain infusions, and those prehistoric boogie nights live on as part of our X chromosome.

The Neanderthals, like Britney Spears, were mainly victims of bad press. Discovery News, in an attempt to set the record straight, reports they possessed the gene for language and had sophisticated music, art and tool-making skills, and their cranial capacity was as large as or larger than the competition's. It all adds up to sexy and smart if you're a Cro-Magnon looking to hook up.

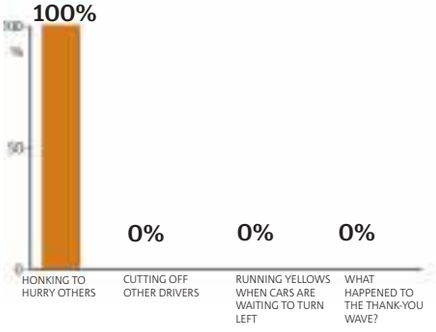
All this transpired between 30,000 and 50,000 years ago, which means that unless there are undiscovered cave paintings revealing exactly what happened, it's pretty much a matter of idle speculation, which has never stopped us before. You can bet, though, that despite all the sophisticated music and art, this smoking X chromosome is the result of some pretty dangerous liaisons: "No, you can't take her to the mastodon hunt. She's not your genotype."

Of course, this is a godsend for those of us looking around for someone else to blame. "It's not my fault I got rib sauce all over my shirt front. My X chromosome is nine per cent Neanderthal." For those of us who are politically correct, this is our cue to start feeling guilty for persecuting the Neanderthals. Obviously, they were here first. They invented fire. And in return, all we've ever done is steal their stuff, tell them sweet little lies and slander them in our textbooks. We've got a lot to answer for.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Panel **Register at metropolitanpanel.ca and take the quick poll**

What's the worst discourteous driver habit?



Local tweets

- **@iMandaLeigh:** FYI, if you come to Winnipeg today, you may die. It's insanely hot AND humid out. Plus side, you can clean the sidewalk off then cook on it.
- **@Brittanymaria:** Winnipeg, it's 44 degrees with the humidex! Enjoy it, but be safe in the sun. Hydrate! Sunscreen! :) #heatwave #scorcher
- **@hannahmikt:** #whendiditbecomecool to hate on Winnipeg summers? Don't forget #Winnipeg winters!
- **@gracerhovhie:** "Everyone always complains, its too cold or its too hot. Suck it up, you live in #winnipeg. Now, I'm off into the sunshine"
- **@saraorlesky:** It is ridiculous how hot Winnipeg is today. I've never loved air conditioning more than I do right now
- **@khrismonegenege:** It's up to 47 with the humidex. The range of feels-like temperatures I have experienced in this city now spans 110 degrees centigrade.
- **@AmandaLeeBikini:** Humidex of 45.. Mandatory wear no shirt day lol
- **@kingRamsey85:** Wishing for a snow storm. #itcanhappen we do live in #winnipeg.

Worth Mentioning

JURASSIC. Manitoba paleontologists have unearthed the bones of several prehistoric sea creatures some 80 million years old.

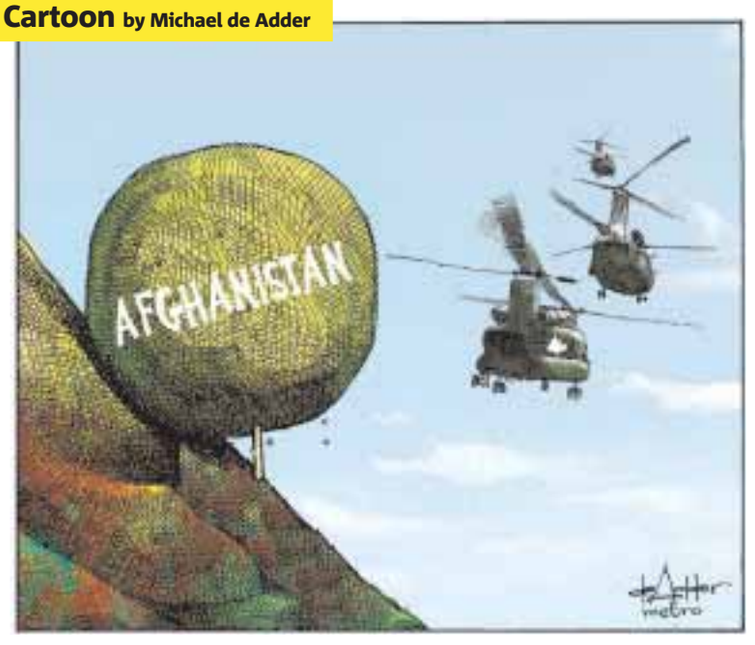
Scientists from the Canadian Fossil Discovery Centre in southwestern Manitoba have dug up two mosasaurs — a huge predatory reptile known as the T. Rex of the sea. The dig site has also uncovered a prehistoric squid and bird skeletons, as well as two other as-of-yet-unidentified fossils.

The museum is already home to the largest mosasaur in Canada — a 13-metre-long creature called Bruce — but curator Anita Janzic said the new find is significant.

"It was not just this big, wide, open sea," she said. "It's giving us some new insight into what the seaway was like — a more shallow marine than some of the other places are thought to be. That is changing how we are looking at the seaway and that, to me, makes this site very interesting." Some of Canada's richest deposits of marine dinosaurs are found in the soil of Morden, about 100 kilometres southwest of Winnipeg.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

If you like mayo, you can lay it on really thick

Who knew a disagreement about mayonnaise could lead to an all-expenses-paid divorce?

With marriage breakups as common these days as coffee runs, at least one well-known consumer product is cashing in on the heartbreak.

Miracle Whip announced its Not for Every Relationship contest, which allows couples to submit videos to the brand's YouTube channel on how the condiment has helped or hindered their relationships.

The winner gets $25,000 towards the cost of a wedding or divorce.

"The Not For Every Relationship contest was inspired by social media conversations about consumers' love or hate for Miracle Whip in the context of their own relationships," Sara Braun, director of Miracle Whip said in a statement.

It is an extension of the company's We're Not For Everyone marketing campaign, which celebrates the lovers and haters of Miracle Whip.

"Knowing the condiment isn't universally loved has given us licence to focus on the notion that it can actually make or break relationships," she said.

TORSTAR NEWS SERVICE

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2 scene

No damsel in distress

The Captain America leading lady is about to be very famous, but she's trying not to think about that

NED EHRBAR
METRO WORLD NEWS
SCENE@METRONEWS.CA

JAY MAIDMENT/MARVEL STUDIOS

▶ Hayley Atwell plays Peggy Carter in Captain America: The First Avenger.

British actress Hayley Atwell has wasted no time in establishing herself. Her first film gig out of drama school was Woody Allen's Cassandra's Dream in 2007. Now she's taking on one of Earth's mightiest heroes in Captain America: The First Avenger as Peggy Carter, a British agent and love interest for the super-soldier who also happens to be quite handy with a machine gun. Atwell sat down with Metro to talk about making her mark, finding good roles and returning to the stage.

Have you thought about how much your profile could be raised once this movie comes out?

No, I haven't. I really haven't. Because you can't really expect anything, really. You're kind of trying to take every moment and experience as it comes, and also be very independent of it and not have too many expectations of how the film will be received.

I hope, if anything, that it would mean that I could get the experience or the opportunity to work with other directors I wouldn't have in the past because they wouldn't have seen my work. So in that respect, I hope that's a positive thing to come out of it, but apart from that I think it's kind of out of my hands. The world will decide what they want to do with it.

Your character is far from a damsel in distress. In fact, she's a hero in her own right.

I loved that in the script and thought she was so strong and capable and a match for him. They needed each other, there was a kind of a weakness in him that she was able to help and to guide.

What I liked about her is — it seemed in the script and I really hope it comes across in the film — she really likes him for who he is. It felt like a very innocent, sweet relationship.

Is it difficult to find roles like that, that are so interesting and well-defined?

There's been amazing roles for women through the ages of film and literature. I don't think there's a shortage of it.

I suppose it's just that there's so many more actresses now, so there's more competition.

But also the fashion of the image of what actresses should look like has, I think, kind of steered the focus away from these incredible qualities that women have to more of the aesthetics, which means some actresses could tend to focus more on that aspect of it.

Not to badmouth anyone at all, but you kind of sometimes watch films and go, 'Really? Is that a good role model? I don't think so.' Surely we've moved on from that.

You're also incredibly active in the theatre, where that problem doesn't exist as much.

I've always wanted to go back and do that because it's always been really important to me, because it does scare the living daylights out of me and keeps me acutely aware of exactly where my skills or my weaknesses are more than anything else.

I feel like on the stage I have more of an opportunity to learn and to work with some real magicians.

How do you think the London theatre scene compares to New York?

I haven't spent enough time in New York in terms of getting a sense of how the plays are, but what I thought was brilliant is the plays that do well in the West End transfer to Broadway — you have Jerusalem or Through a Glass Darkly or the Pride, all this stuff, which is great.

It means that those plays are starting off in Britain and having a life elsewhere. America seems to be very responsive and welcoming to that and wants to kind of celebrate those plays.

But you've got some of the greatest playwrights ever — Tennessee Williams, Arthur Miller, incredible playwrights.

Scene in brief

Garry Shandling is scheduled to get a lifetime achievement award next week at the Just For Laughs comedy conference in Montreal. Shandling, whose lengthy list of credits includes The Larry Sanders Show, will receive the honour July 29.
THE CANADIAN PRESS

Work under way on $650,000 trail to bypass Metallica front man's Northern Calif. property.

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Watson sets record straight about school

Admits to feeling claustrophobic while living in U.K. because of her fame

ALL PHOTOS GETTY IMAGES

Emma Watson

With the Harry Potter films behind her, Emma Watson is heading back to school, except she'll be attending Oxford University instead of heading back to her U.S. university, according to ABC News.

"I haven't left Brown. I'm still enrolled at Brown. But I'm doing my third year abroad. I'm going to Oxford in the fall to study English for a year," she explains. "I'll go back to the States to do my last year."

Though she does admit that she enjoys how she feels less famous in the U.S. than in the U.K.

"I suddenly felt very claustrophobic. I thought, 'I can't stay here, I won't be able to concentrate, I won't be left alone,'" she says. "I don't want to put a negative light on it, as if I was escaping or anything like that. I think I wanted to meet people my own age and just be normal for a bit." METRO

"I suddenly felt very claustrophobic."
EMMA WATSON

Talking points

Jolie feeds her kids crickets

HAVING A HARD TIME BELIEVING CRICKETS ARE LIKE POTATO CHIPS Snacktime at Angelina Jolie's house is an interesting time, the actress admits.

"My boys love to eat crickets. It's their favourite thing," Jolie says in a video for Louis Vuitton.

"When I first gave crickets to them I wanted them to not be turned off by something that wasn't their culture. So I bought them — and they ate them like Doritos. They wouldn't stop and brought to-go boxes home."

The boys loved the treat so much, in fact, that Jolie says she had to "ban the cricket-eating because I was afraid they were going to get sick from eating too many. They're good — they're like a potato chip." METRO

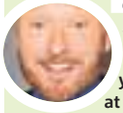
Celebrity tweets

"just did a little spring cleaning and found a twix that expired in 1995!"
@MissKelly0

@SnoopDogg
"yall on that google+ yet? add tha dogg ya digg! search "snoop dogg"

@ParisHilton
"On my first day of the juice cleanse diet"

@ConanOBrien
"You never know who you'll run into at the Warner Bros commissary. I just saw the guy who plays that guy on that show. You know - that guy!"



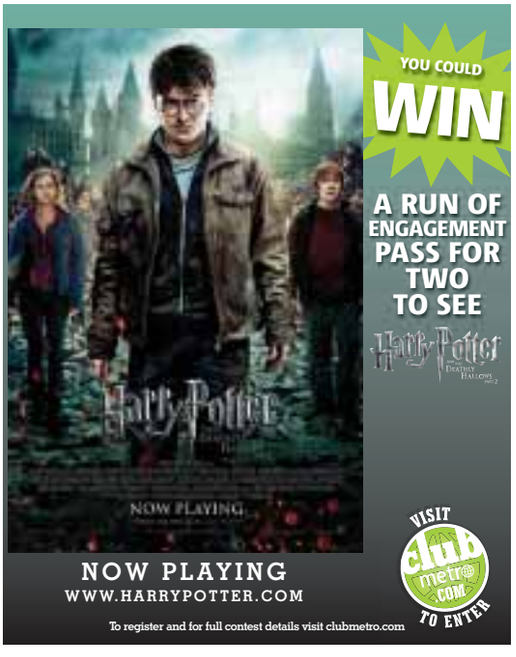
Charlie Sheen

Sheen back to television

Charlie Sheen is going back to work.

The former Two and a Half Men bad boy is officially set to star in a TV adaptation of the Jack Nicholson and Adam Sandler film, Anger Management, Lionsgate TV confirms to People magazine.

"I think it is a great concept," Sheen says. METRO



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3 life

Theatre Festival

Tweeters and bloggers will feel right at home at the second annual Neanderthal Arts Festival, being held July 21-31 at the Vancouver East Cultural Centre (or Cultch). The festival is creating a dedicated space for smartphone addicts — a so-called Grunt Deck — where they can tell the world about the plays unfolding on stage in real time. THE CANADIAN PRESS

Wannabe sleuths search for killer, motive at museum scavenger hunts.

Slowing down in Penticton

There's nothing like a little wine therapy and al fresco dining to soothe the senses Retreat to Okanagan's relaxing wine country

GIZELLE LAU
LIFE@METRONEWS.CA

A life lived in the fast lane is never as blatantly obvious as when you're travelling, where access to the Internet — let alone a reliable 3G network — is limited, life/news updates via Twitter are not at your fingertips and there's no such thing as a fast food joint for a quick meal.

On the southern rim of Lake Okanagan, British Columbia's increasingly prominent wine region, you'll find townships like Summerland, Penticton and Naramata where "slow" is a way of life.

Slowing down begins in Naramata at Red Rooster Winery where every Friday morning, yoga instructor Teresa G. Maurer of Re:Flexions Studio in Penticton, leads Yoga D'Vine, a morning of yoga and sun salutes in the vineyard under the bright blue sky, accompanied with a light lunch on the terrace with wine and chocolate tastings.

Next up, more tabletop wine therapy on the massage table at Beyond Wrapture. With four locations throughout the valley, this wine country day spa offers a specialized Vinotherapy Massage. Products like the spa's grape pip scrub and grape-seed massage oil are known to have powerful antioxidant properties and are made in-house using leftover grape pips, stems and skins.

Finish off the evening at Local Lounge & Grille just steps from the spa, where local cuisine and seasonally inspired dishes set the stage for one of the best wine menus in the region, offering exclusively British Columbia VQA wines from the Okanagan Valley.

Slowing down can also mean ditching the car. Bring your own bike or rent one from Freedom The Bike Shop in downtown Penticton and cycle from winery to winery through the hilly, vine-filled landscape or along the historic Kettle Valley Railway bike trail.

In Penticton, even food gets the slow treatment. Here, a passion for regional produce that has been organically and ethically grown overflows in many local chefs, most notably Dana Ewart and Cameron Smith of Joy Road Catering.

Getting there

Visit the Okanagan by flying into Penticton Regional Airport or Kelowna International Airport via Air Canada or WestJet airlines or take the five-hour drive from Vancouver.

For more info:
tourismpenticton.com

ALL PHOTOS GIZELLE LAU

▶ Al fresco dining at God's Mountain Estate with Joy Road Catering.

▶ The Okanagan wine region.

▶ Homemade charcuterie.

▶ Yoga at the vineyard.

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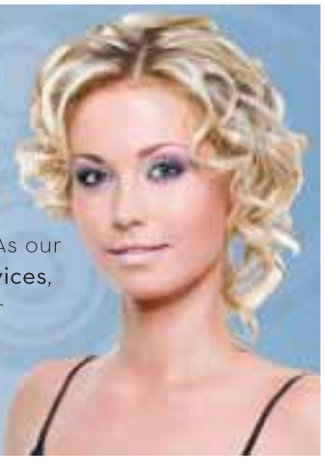

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Drink of the week

Banana Split Smoothie

Start your active day with this fruit, yogurt and chocolate milk smoothie.

- 500 ml (2 cups) chocolate milk
- 500 ml (2 cups) strawberry yogurt
- 250 ml (1 cup) frozen or fresh strawberries
- 1 banana

In blender, puree all ingredients at high speed until smooth. Garnish glasses with straws and fresh fruit.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Great eats, little effort

This isn't a regular ham & cheese sandwich Toast it in a skillet

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ Toasting the sandwich offers a great contrast to the cream cheese.

Adding some baby spinach and oil-packed sun-dried tomatoes to this ham and cream cheese sandwich makes it ever-so-slightly more nutritious. Though I call for toasting the sandwich, you can skip that part. The toasting, however, adds a pleasant crunch that is nice even when the sandwich isn't warm.

Ingredients:

- 60 g (2 oz) cream cheese
- 2 slices whole-wheat sandwich bread
- 125 ml (1/2 cup) baby spinach leaves
- 5 oil-packed sun-dried tomatoes, drained and patted dry
- 3 slices deli-sliced ham
- Ground black pepper
- Cooking spray

Preparation:

1. Spread cream cheese evenly over 1 side of each slice of bread. Top 1 slice with spinach, sun-dried tomatoes and ham. Season ham with black pepper, then finish sandwich with remaining slice of bread, cream cheese side in.
2. Heat small skillet over medium. Coat pan with cooking spray. Add sandwich and toast for 4 minutes on each side. Serve immediately.

THE ASSOCIATED PRESS

Pair your sandwich with this Tomato and Arugula Salad, splashed with a tangy mustard vinaigrette

Preparation:

1. Into a bowl, juice fruits and strain pulp. Add mustard and honey to juice and stir well. Whisk in oil and season with salt. Add chives. Vinaigrette will keep in the fridge for at least a week.
2. Arrange sliced tomatoes on individual plates in a circle (4 slices per plate). Place red onion rings on top of the tomatoes but away from tomato edges. Place 5 orange sections around onion rings closer to centre. Cut stems off arugula close to the top, wash. Place bunch in centre of each plate. Dress the salad with vinaigrette and serve immediately.

THE CANADIAN PRESS/ MAILLE.CA

Ingredients:

Mustard and Citrus Vinaigrette

- 3 pink grapefruit, juiced
- 2 limes, juiced
- 2 lemons, juiced
- 3 oranges, juiced
- 30 ml (2 tbsp) grainy mustard
- 30 ml (2 tbsp) honey
- 50 ml (1/4 cup) canola oil
- Salt, to taste
- 15 ml (1 tbsp) chopped chives

Tomato and Arugula Salad

- 6 bunches arugula
- 250 ml (1 cup) whole-grain mustard and citrus vinaigrette
- 3 to 4 fresh tomatoes, cut in 0.5- to 1-cm (1/4- to 1/2-inch) thick slices
- 1 to 2 red onions, peeled and thinly sliced
- 3 to 4 oranges, peeled and cut into wedges between pith

Ridetime.ca announces CREDIT AMNESTY 2011

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WINNIPEG - MANITOBA

The downturn in the economy has affected most people and their ability to get a car and automotive credit. Credit agencies have become very critical with credit scores and many lenders have significantly changed the criteria for someone to quality for an auto loan. Many car shoppers today are being turned down because of their credit history. Credit Amnesty 2011 has signed an agreement with a CREDIT TO ANYONE REGARDLESS OF CREDIT SCORE. Every and any past credit problem will be accepted and approved regardless of bankruptcy, divorce, tax liens, judgements, vehicle repossessions and charge offs.

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The management and finance staff of Credit Amnesty 2011 were flown to Toronto and trained to be lending representatives for a national leader who has been lending to credit challenged consumers in an effort to give consumers the opportunity to re-establish their credit one payment at a time. Credit Amnesty 2011 will now deliver credit approvals to every consumer they enter into the patented Credit Approval Processing System within 60 seconds.

Doug MacIver, General Manager at Credit Amnesty 2011 proudly says, "we provide opportunity where others can't."

Life Changing Program

Without our product, consumers are often unable to purchase a vehicle or they purchase an unreliable one and are not provided the opportunity to improve their credit standing. As we report to all major financial national credit reporting agencies, a significant number of our customers improve their lives by improving their credit score and move on to more traditional sources of financing.

We have the late model vehicles people want and the ones that will qualify for this type of funding. The only thing that will affect your ability not to be approved is no down payment. And with that being said we are not here to put someone in a car that does not match their ability to pay, we want this to be a successful process that will allow those with credit problems to rebuild their lives. I know they will benefit from this program and they will always come back to us to buy a car.

From what we were told in Toronto, business starts coming in from referrals, from our own customers who find out this program is for real. They usually tell all their family and friends about it. "This is a once in a lifetime opportunity for someone to come in to us and drive home a nice car and rebuild their credit," adds Doug.

Our staff has even told their families and friends to come down and we've notified some local companies and their employees to come down as well to take advantage of these great opportunities to rebuild your credit.

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From lunch to landing the job

STUDENT VOICE

AKSHAY KOCHAR
TALENTEGG.CA

It was March, university would be done in another month and I had yet to put any thought into what I wanted to do next. It didn't help that everyone would ask, "So, you're almost done. Any jobs lined up?"

I'm sure every student reading this can relate.

During that time, I was interning at Guardly, a position I had obtained after seeing it on TalentEgg. I was learning a lot about the technology community in Toronto, and was amazed at the quality of start-ups that the city was producing. During this internship, and with a little help from one of my university professors, I found Agility CMS, a content management company.

I contacted one of the co-founders and introduced myself. Thankfully, he was willing to take some time out of his day to do an informational interview with me over lunch. This was a great experience as it allowed me to learn more about his company and the industry as a whole.

We kept in touch after that lunch via email and, about a month later when a position became available, he asked me if I was interested in going through the interview process.

So, one lunch interview, two phone interviews, two in-person interviews and a full reference check later, I graciously accepted Agility's offer to become their new project co-ordinator.

I strongly urge employers to take the risk on recent graduates.

Find out more about which program they took and what types of courses were involved. There are so many new programs out there that give students a tremendous amount of knowledge and experience.

For instance, the Digital Enterprise Management program at the University of Toronto Mississauga enables students to learn about business, marketing, design, project management and entrepreneurship. This broad skill-set allows the recent graduate to apply themselves in a vast array of positions in any company.

Sure, someone who has worked in the industry may have some advantages over a recent graduate, however, I can confidently say that because recent graduates have the urge to continue learning, they can apply themselves just as efficiently.

For students, I cannot stress enough the importance of networking in any way possible.

Whether it's at a formal networking event or in the line-up of a fast food restaurant. Perhaps the person about to order a foot-long chicken teriyaki sub is actually the CEO of that marketing company you've been trying to apply at. Be ready, your elevator pitch just became your Subway pitch.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

What I learned

Key take-aways from Akshay's experience:

- Informational interviews are a great way to learn about an industry or a specific job within an industry. They also provide you with a contact that could, if you're lucky, lead to a job down the road.
- Look for jobs in unconventional places and always be prepared with a quick pitch that explains what you can bring to the company.

SUBMITTED

▶ Akshay Kochar advises recent graduates to show initiative. If you find out about a job through LinkedIn, he suggests emailing the person who posted directly rather than applying through the website.

TOO SICK TO WORK? BE UPFRONT ABOUT IT

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADAEMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

There is a new war being waged in Canadian workplace law, and its battleground is not even a courtroom.

This conflict unfolds at doctors' offices when employees claim that they are too sick to work and employers stubbornly disagree. The result is usually a letter-writing war between medical experts, insurance claims examiners and eventually the lawyers.

Employees are entitled to "accommodation" for illnesses and disabilities (even perceived ones), and employers must take all reasonable steps to comply.

Although the law may be clear-cut, the facts are seldom straightforward. A "headache" to one physician may be a chronic illness to another.

Given the potential for confusion, disputes often arise. When faced with a challenged sick leave claim, employees ought to do as follows:

Do not assume that your employer can read your mind. Put your request for a leave in writing and say that you will immediately visit your doctor to confirm your illness.

When you see your doctor, ensure that he or she provides a letter and one with a real explanation. The single most common cause of an incredulous employer is a medical note that simply states that you are "off work until further notice."

If you are too sick to do your job, your doctor must say that you cannot perform any work at all, even modified employment.

Do not rashly resist a request for better medical information. In my experience, employees too often refuse to provide further evidence that they are ill.

When they do so, they appear as if they are lying. While you do not need to disclose every detail about a medical condition, some details are necessary for the employer to determine how best to accommodate you.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. TO READ THIS ARTICLE IN ITS ENTIRETY VISIT METRONEWS.CA

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Canadian gets the assist

Hesjedal helps Hushovd win rainy 16th stage of Tour de France
Voeckler still leads race, but Contador and Evans make gains

LAURENT REBOURS/THE ASSOCIATED PRESS

▶ Ryder Hesjedal celebrates as teammate Thor Hushovd crosses the finish line yesterday.

Canadian Ryder Hesjedal raised his arms in jubilation as he crossed the finish line yesterday.

The 30-year-old from Victoria was third, but he had just scored a glorious assist to help Garmin-Cervelo teammate Thor Hushovd win the 16th stage of the Tour de France.

Hesjedal, who came into the stage 32nd overall in the standings, attacked midway through the 162.5-kilometre course. While others fell back or launched their own attacks, he persevered.

There were just three men left in the rain as the finish line neared: Hesjedal and two Norwegians, Hushovd and Edvald Boasson Hagen.

The Canadian led the way, looking back at Hagen on his shoulder as he shifted position in the final sprint. Hushovd, one of cycling's marquee men, hung back and then accelerated while Hagen wasn't looking. He rocketed over the line, with his Norwegian rival second and a delighted Hesjedal third, two seconds behind.

It was Garmin-Cervelo's fourth stage win of the Tour.

"It was great. This Tour's been so good for our team," Hesjedal told The Canadian Press.

"For me, there's been highs and lows. To have a big high today and ride well, it's definitely going to be remembered."

"To be able to push the pace and get close to the win and make the win happen for the team — it doesn't get better than that."
RYDER HESJEDAL

Hesjedal showed his endurance during the stage and then his smarts at the end.

"Thor's obviously one of the fastest guys in the world and so is Edvald, so we just had to make sure we played it exactly right to come up with the victory," he said.

Hesjedal's own general classification hopes were dashed the first week when he lost time and was hurt in a crash on Stage 7.

But he continues to ride for the team, supporting American Tom Danielson while contributing to the Garmin-Cervelo overall campaign — the times from the top three riders from each squad is counted in the team standings.

Hesjedal was seventh in last year's race, when he had two fourth-place individual stage finishes.

He moved up four places to 28th overall after his heroics yesterday and stands 20 minutes 36 seconds behind leader Thomas Voeckler of France.

THE CANADIAN PRESS

Lightning lock up Stamkos until 2016

Steven Stamkos finally has a new deal with the Tampa Bay Lightning.

The 21-year-old forward signed a $37.5-million US, five-year contract extension yesterday, ending a set of negotiations that extend all the way back to last year.

"I am excited we were able to reach an agreement today," Stamkos said in a release. "This was obviously very important to me ... There is no place I'd rather be than as a member of the Tampa Bay Lightning."

Stamkos had been a restricted free agent since July 1 and there was much speculation he'd be the target of an offer sheet.

Stamkos will receive $8 million each of the next four seasons and $5.5 million in 2015-16.

THE CANADIAN PRESS

Sports in brief

NBA releases schedule

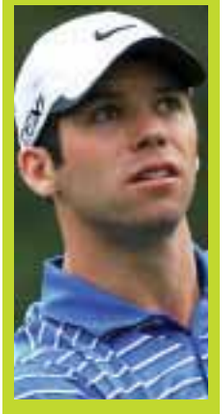
OPENER. The Toronto Raptors will host the Philadelphia 76ers to open their NBA schedule — if the season begins on time. The NBA released its complete 2011-12 schedule yesterday despite being in a lockout. **THE CANADIAN PRESS**

Rangers to raise railings

MLB. The Texas Rangers plan to make all the protective railings at their stadium the same height, raising some as much as 30 centimetres to make their stadium safer following the death of a fan. **THE ASSOCIATED PRESS**

4 sports

Quoted



"It's actually got players talking on Tour, which is kind of cool. I think RBC is on to something by taking (the tournament) around Canada to the best golf courses they can find."

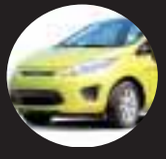
ENGLISH GOLFER PAUL CASEY, EXPRESSING HIS APPROVAL FOR BRINGING THE CANADIAN OPEN TO VANCOUVER'S SHAUGHNESSY GOLF AND COUNTRY CLUB. THE TOURNAMENT STARTS ON THURSDAY.

Scan code for more sports news.

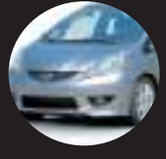
5 drive

By comparison

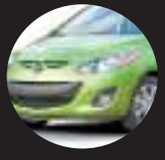
Ford Fiesta
Base price: $14,500
Good-looking sedan and hatch models feature Euro-style handling.



Honda Fit
Base price: $15,900
Class-leading, fun-to-drive wagon features a versatile interior.



Mazda2
Base price: $15,500
Sporty, fuel-sipper looks great. Slick-shifting manual gearbox a real treat.



WHEELBASE MEDIA

Scan code for more car reviews and news

Engine

The Accent's slick new body styles are matched with an equally slick 1.6-litre engine that produces 138 horsepower and 123 pound-feet of torque. Both numbers are substantially better than the outgoing 1.6's 110 horses and 106 pound-feet.

Since the Accent's curb weight remains essentially unchanged, the higher output gives the Accent considerably more pep.

Shape: All in the family

The sedan's new sheetmetal contains Hyundai's familial shape that has already been imprinted on the Sonata and Elantra models, especially the deeply sculpted crease extending along the doors and fenders and ending with a hiked-up rear deck.

The same is essentially true for the wagon-like hatchback, although its sweeping roofline, curvaceous liftgate and dominating taillamps make it the most practical Accent and arguably the best looking of the two.

Direct injection, emissions

The new powerplant benefits from the latest in engine-building technology, including direct injection whereby precise amounts of highly pressurized fuel is sprayed into the combustion chamber (instead of through the intake manifold) which means more power and reduced emissions.

As well, a special hard diamond-based coating has been added to the engine's camshaft components to reduce valvetrain friction.

▶ Hyundai's focus used to be on inexpensive transportation – period. But now you can add style, pep and fuel economy to the description.

Finally an Accent that boasts style

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

What took Hyundai so long?

For six long model years (2006-'11), the Korea-based automaker kept churning out the same basic Accent econo-car while the competition was busy updating or completely renewing its basic-transportation offerings.

Whatever the reason, the long wait ends now with the release of the fourth-generation Accent duo.

The outgoing two-door hatch and four-door sedan could never be considered the sharpest models on the lot. With their understated blob-like shapes, both represented the last vestiges of Hyundai's school of anonymous automotive styling and would have made ideal conveyances for those entering a witness-protection program. They also remained relatively spartan and lacked the assortment of standard and optional features that customers expect in their small cars these days. All that has passed. The 2012 Accent, still available in four-door sedan and hatchback formats, appears to be yet another game-changing model for Hyundai. This one should present a formidable challenge to such pack leaders as the Honda Fit, Ford Fiesta and Mazda2, to highlight just a few.

Given the sedan's $14,700 on-the-street base price, it appears that small-car power, hospitable roominess, fuel efficiency and affordability are at the top of the Accent's menu. And at long last, so is style.

▶ A look at the Accent's cabin.

▶ With buyers considering smaller cars, you need to show them that there's still plenty of room. And for that, there's not much that's more versatile than a hatchback.

Hyundai Accent

What you should know about the 2012 Hyundai Accent:

- **Types:** Four-door, front-wheel-drive compact sedan and hatchback.
- **Engine (hp):** 1.6-litre DOHC I4 (138).
- **Transmission:** Six-speed manual; six-speed automatic (opt.).
- **Market position:** With rising gas prices, small-car sales have been steadily growing. Class leaders such as the Accent offer more than one body style, deliver impressive power and achieve equally impressive fuel economy.
- **Mileage:** L/100 km (city/hwy) 6.7/4.9 (MT).

BACKING UP HARDER THAN BREAKING UP

AUTO PILOT

MIKE GOETZ
DRIVE
@METRONEWS.CA

There are more break-up songs than back-up songs, which is strange, because more people get hurt backing up.

And this is real, physical hurt, not that flakey emotional stuff you can fix with a bit of Haagen-Dazs.

"Backing up is the highest risk activity you can do with a vehicle," says Brain Patterson of the Ontario Safety League. "If a crash is the result of a low-speed impact, chances are someone was backing up."

The Ontario Safety League has been around since 1913 and is recognized as one of North America's leading traffic safety organizations. Its mandate is "safety through education." Needless to say, the League has looked at a lot of carnage since 1913.

"We seem to be making headway in a whole bunch of areas," notes Patterson.

"But there are two areas that are constantly at issue. Male drivers between 16 and 24. And crashes involving backing up."

Patterson has a few theories on why backing up is still a heavy hitter on the unsafe scene.

CONTRIBUTED

▶ Say "cheese." A rear-view camera can shoot the driver the image of these bicycles, which are in this SUV's blind spot.

He feels a lot of people don't do it enough to get proficient at it. And he feels people are just less courteous these days. "I'm walking through a parking lot, say at a shopping mall. I see you backing up, but instead of walking in front of the vehicle, I keep walking behind your moving vehicle."

Patterson and I were speaking at a parking lot, where Canadian Tire was allowing media to sample its exclusive line of back-up related safety products from Yada: Rearview Mirror Back-up Camera with Speakerphone (via Blue Tooth); Dash Mounted Back-up Camera; Back-up Sensor System; Blind Spot Assist System.

These safety systems are becoming increasingly available on new vehicles, especially on larger and/or luxury ones. And good thing, too. Because as Mandi Paquin-Johnson of Canadian Tire notes, "bigger vehicles mean bigger blind spots."

So if you're not quite ready, willing, or able to shell out for a new vehicle equipped with all these features, you now have the option of adding them to your current ride. The Yada line runs from $149 to $249 (plus installation, though some folks will be able to do it themselves).

I think rear-view cameras are awesome. Not only do they allow you to back up with precision, they flush out any low-lying obstacles (or small folk!) that are directly behind your vehicle, and therefore undetectable from any side or rear-view mirror. Patterson notes these electronic systems are especially helpful to drivers who have physical limitations, especially with upper body mobility.

Of course there is a caveat… "They don't replace good driving practices. They enhance good driving practices," says Paterson.

Regenerative braking: Hybrids slow down to quickly recharge

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Hybrid vehicles use a combination of a gasoline engine and an electric motor to power them. The electricity comes from a battery pack that is continuously recharged while the car is being driven, mostly through a process called regenerative braking.

"Regenerative braking means that we decelerate the vehicle via the hybrid drivetrain," says Claus Halder, development engineer for recuperation and brake systems at Audi in Germany.

The company will introduce its first production hybrid model, the Q5 Hybrid SUV, in the Canadian market next year.

Like most hybrids available today, the Q5 Hybrid runs on its gasoline engine, on the battery alone, or on a combination of the two, depending on the type of driving and how hard the driver is accelerating.

When the driver has his foot on the throttle (the "gas pedal"), power is sent to turn the drive shafts, which then turn the wheels. Depending on driving conditions, this power is provided by the electric motor, by the gasoline engine, or with the two working together.

When the driver takes his foot off the throttle, the electric motor automatically reverts and works like a generator. It takes the spinning power of the drive shafts and converts it into electricity, almost the same way as a waterfall spins a turbine to produce power.

This electricity is then fed back into the battery to recharge it.

A beneficial side effect is that as the electric motor converts the spinning energy, it also slows down the drive shafts, which in turn slows down the car.

Although the electric motor is not connected to the conventional braking system, the regenerative system captures even more energy when the driver uses the brakes, which in turn puts more electricity back into the battery.

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metro

Sportiness and style in a crossover

Rogue loved for fuel-efficient performance and handling

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

What's the 4-1-1

- **Model:** : 2008 to 2010 Nissan Rogue.
- **Vehicle type:** Crossover SUV.

JUSTIN PRITCHARD/FOR METRO

▶ Nissan Rogue

Nissan's replacement for the XTrail, Rogue competes with machinery like the Ford Escape, Dodge Nitro and Honda CR-V with an eye for sportiness and style.

All Rogue models got a 2.5-litre, 170-horsepower four-cylinder engine with a Continually Variable Transmission (CVT) with available paddle-shift.

Front-wheel drive was standard, and four wheel drive was optional. Rogue's AWD system featured automatic operation and a "lock" mode for low-traction situations.

Trim designations include "S" for a more basic Rogue, and "SL" for higher-end models. AWD, not surprisingly, denotes the presence of the AWD system on either trim level.

What Owners Like

Rogue owners typically rave about a comfortable ride, plenty of features for the money and the machine's unique design. Most also claim to experience great fuel mileage. Sporty handling and all-weather traction round out the list of owner-stated positives.

What Owners Dislike

Numerous Rogue drivers complain of limited rearward visibility that translates into difficulty parking, as well as a small and "busy" instrument cluster. Some owners wish for a quieter ride and more headroom, too.

Common Issues

When test driving a Rogue, be sure to travel at parking-lot speeds with the stereo and climate control fan off, listening for any strange noises from the transmission.

Clicking, grinding, grumbling and popping sounds should not be considered normal, and have been reported by several owners ahead of an in-warranty transmission replacement.

In some cases, a computer reprogramming may solve the CVT noise problem. In either case, if the transmission in the Rogue you're considering is making any strange noises, be sure to have it checked out.

An inspection by a Nissan-trained mechanic is advised for any used Rogue ahead of purchase.

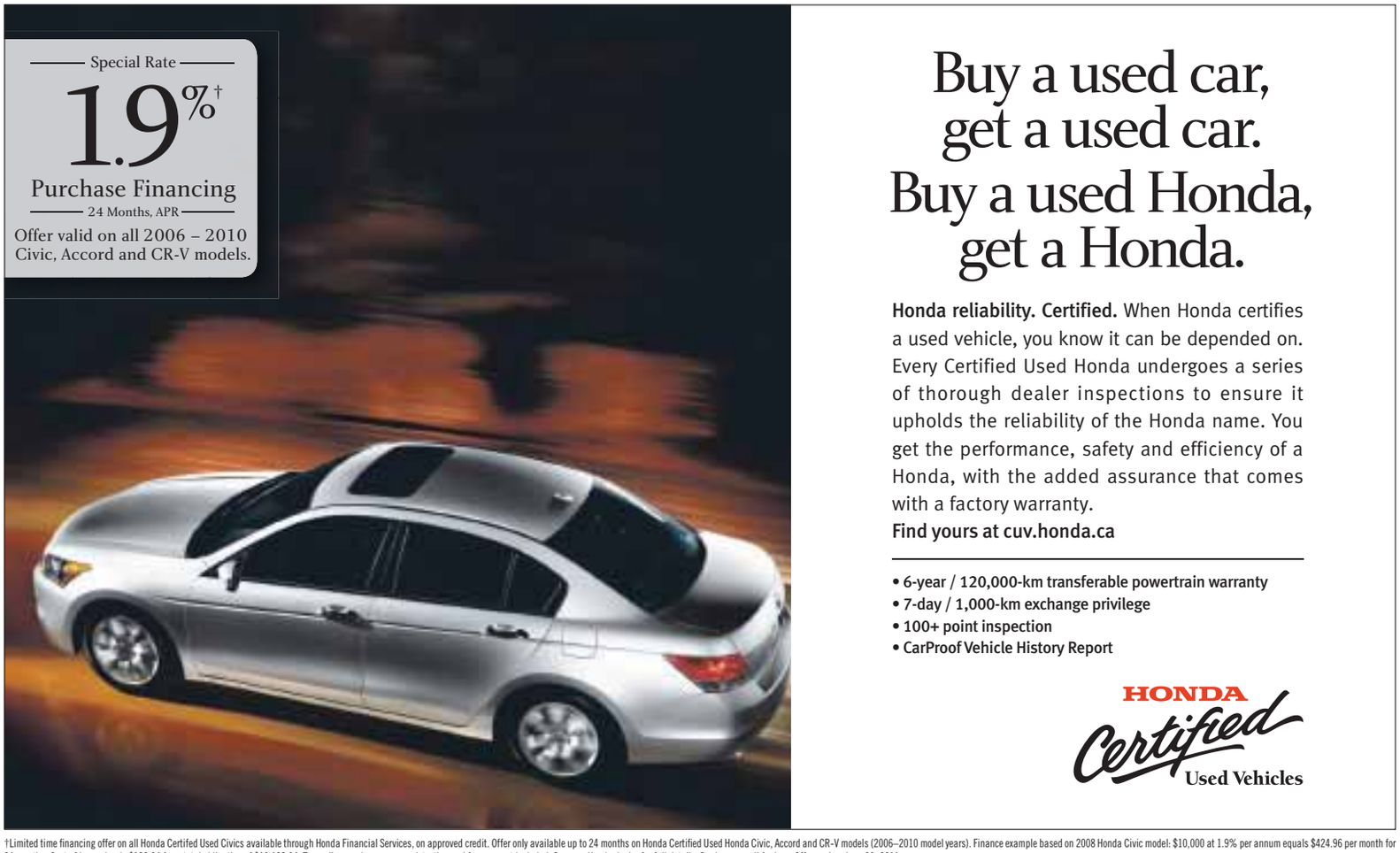
A full check of all cabin electronics is advised, as is a check of the carpeting in the wheelwells and cargo area for potential water leaks from the sunroof drain tubes or hatch seal, respectively.

The Verdict

A used Rogue will likely provide owners with satisfying fuel economy, all-season performance and driving dynamics — though shoppers should seek out a clean bill of health for the CVT transmission from a Nissan mechanic before purchase.

A newer model with plenty of factory warranty remaining is the safest bet.

Check out Justin's video car reviews online at youtube.com/mr2pritch.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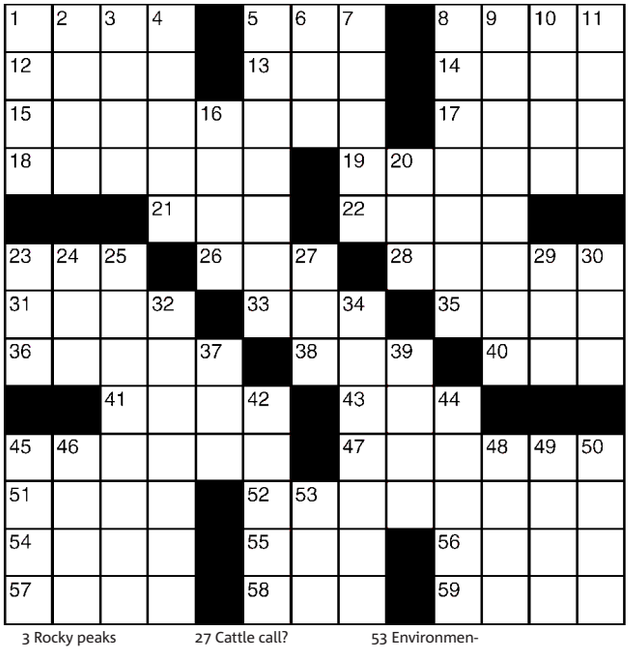
†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires June 30, 2011.

Crossword



Across

1 Greek cheese
5 Chatroom chuckling
8 Birds, to Brutus
12 Shakespeare's river
13 Anger
14 Bound
15 Backbone
17 Killer whale
18 Store grain
19 Slow tree-dwellers
21 Round Table address
22 Stereo hookup
23 Restroom, for short
26 $ dispenser
28 "Pomp and Circumstance" composer
31 Detail
33 Thee
35 Meditative exercise
36 See-through wrap
38 Switch positions
40 Sauce source
41 Trampled (on)
43 Witnessed
45 Twist in pain
47 Adhere
51 Risque
52 Upright
54 Always
55 6-Down's surface
56 Gloomy
57 Untouchable Eliot
58 Despondent
59 Coop group

Down

1 No. 1 choice (Sl.)
2 Divisible by two
3 Rocky peaks
4 Those opposed
5 Freedom
6 Bobby of hockey lore
7 Dog walker's need
8 Without friendliness
9 Dizzying symptoms
10 Apiece
11 Hot tubs
16 Director Kazan
20 Falsehood
23 Fleur-de- —
24 One-time link
25 Polygonal points
27 Cattle call?
29 In bygone days
30 Shaft of light
32 Constant sufferers
34 Remove a lightbulb
37 Japanese theater
39 Sodium chloride
42 Beelzebub
44 Consider
45 Small songbird
46 Carry on
48 Farm fraction
49 Futile
50 "Desire Under the —"
53 Environmentally friendly

▶ Yesterday's answer

F	I	L	L	■	S	H	Y	■	C	A	B	S
A	R	E	A	■	L	E	D	■	O	G	R	E
C	O	N	C	E	A	L	S	■	N	E	A	P
E	N	S	■	R	I	P	■	A	S	S	E	T
■	■	■	C	O	N	■	D	D	T	■	■	■
A	L	T	O	S	■	M	I	S	R	E	A	D
R	E	I	N	■	P	A	X	■	U	G	L	Y
M	I	S	S	I	O	N	■	S	C	O	P	E
■	■	■	T	N	T	■	J	O	T	■	■	■
S	P	O	R	K	■	W	O	N	■	P	O	I
H	O	P	I	■	C	O	N	G	E	A	L	S
O	P	E	C	■	O	V	A	■	G	I	G	A
D	E	N	T	■	Y	E	S	■	G	R	A	Y

Sudoku

	4		9		2		6	
	6	9	3		4	8	7	
4			7		9			1
		5	1		8	6		
7			2		5			9
	5	1	8		7	4	3	
	9		5		6		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	1	4	7	5	2	6	9	8
6	9	5	3	1	8	7	4	2
7	8	2	4	9	6	1	5	3
4	5	3	6	8	9	2	1	7
2	6	9	5	7	1	8	3	4
8	7	1	2	4	3	9	6	5
1	4	6	8	2	5	3	7	9
9	2	7	1	3	4	5	8	6
5	3	8	9	6	7	4	2	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Dark Skinned,
Hi, you were jogging in Island lakes Sunday morning, tanned, ponytail, and a beautiful smile. Just wanted to say WOW, are you ever beautiful !!!!!!
JOGGING PARTNER

my courtney
happy birthday! i can't wait to spend the whole day with you. i love you.
YOUR ANDREA

Baby Prince
u taught me how 2 luv sum1&wat real luv is. Baby I luv da way u hold me, kiss me, smell me(hehe), bite me(although it hurts hehe).. Baby Prince!I need u not b/c u need me, but b/c my life is meaninless w.o u..Happy Anniversary I luv u!
BIG HEAD

A look at the weather

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

TODAY	THURSDAY	FRIDAY
Min 24° Max 29°	Min 18° Max 29°	Min 20° Max 30°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Where travel plans are concerned today, be flexible and give yourself plenty of time.

♉ Taurus April 21-May 21 You appear to have strayed off track and need to get back on course, both in private affairs and in work.

♊ Gemini May 22-June 21 A little of what you fancy will do you good but there is a danger that a little could easily become a lot.

♋ Cancer June 22-July 22 Decide what your number one priority is and stick to it. Show some of that Cancerian tenacity.

♌ Leo July 23-Aug.23 You may be tempted to cut corners, but what happens if your superiors don't like the result and you must do it over?

♍ Virgo Aug. 24- Sept. 22 Tone down your act a little and keep a low profile today.

♎ Libra Sept. 23-Oct. 23 If someone tries to find out more about your life than you want known, make your displeasure obvious.

♏ Scorpio Oct. 24-Nov. 22 It might be wise not to trust every thought that enters your head today — and certainly don't tell other people about them.

♐ Sagittarius Nov. 23-Dec. 21
You may have to work with someone you would much rather keep at arm's length. It'll be OK.

♑ Capricorn Dec. 22-Jan. 20
If you take a silly risk at work, you won't do your reputation good.

♒ Aquarius Jan. 21-Feb. 18
Sometimes you don't say enough, but today you will say the right amount to the right person, in exactly the right tone of voice.

♓ Pisces Feb. 19-March 20.
Someone has been critical of your efforts recently, but is what he or she said true? **SALLY BROMPTON**

Caption contest

GERO BRELOER/THE ASSOCIATED PRESS

NG HAN GUAN/ THE ASSOCIATED PRESS

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